



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

DUNELAND FAMILY YMCA JOB DESCRIPTION

Job Title: **Group Exercise Instructor**

FLSA Status: **Non-exempt**

Job Type: **Part-time**

Reports to: **Health & Wellness Director**

Number of hires: **2-4**

Primary Function/Department: **Healthy Living**

Revision Date: **02/16/2021**

POSITION SUMMARY:

Duneland Family YMCA is currently seeking Group Exercise Instructors for the following: Licensed Zumba Instructor, Certified Yoga Instructor, Certified Les Mills BodyPump Instructor, HIIT and Bootcamp. This position supports the work of the Y, a leading nonprofit, charitable organization committed to strengthening community through youth development, healthy living, and social responsibility. The Group Exercise Instructor at Duneland Family YMCA serves others by intentionally welcoming, connecting, and supporting them and inviting them to get involved and give back to the community.

OUR CULTURE:

Our mission and core values are brought to life by our culture. In the Y, we strive to live our cause of strengthening communities with purpose and intentionality every day. **We are welcoming:** we are open to all. We are a place where you can belong and become. **We are genuine:** we value you and embrace your individuality. **We are hopeful:** we believe in you and your potential to become a catalyst in the world. **We are nurturing:** we support you in your journey to develop your full potential. **We are determined:** above all else, we are on a relentless quest to make our community stronger beginning with you.

ESSENTIAL FUNCTIONS:

1. Creates a safe environment in which all individuals feel welcomed and respected; build relationships with and among members and program participants.
2. Leads energizing, fun, safe, and educational group classes, as directed by the supervisor, that align with the healthy living program goals and objectives.
3. Understands different health needs; observes and adjusts approach to support all participants' capabilities, physical conditions, health, and culture.
4. Asks and answers questions and displays empathy in support of helping member and program participants build confidence to achieve their health and wellness goals.
5. Identifies and celebrates the successes of members and program participants.
6. Maintains working knowledge of wellness and trends to provide effective information and support to members.
7. Keeps accurate class attendance records.
8. Follows YMCA policies and procedures; responds to emergency situations.
9. Performs other duties as assigned.

LEADERSHIP COMPETENCIES:

- Developing Self & Others
- Inclusion
- Program Project Management



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QUALIFICATIONS:

- National certification in group fitness instruction (e.g., ACE, NETA, AFAA, NASM) or YMCA group exercise instructor certification required.
- Certification in area of expertise required.
- CPR, First Aid, and AED certifications required.
- Child Abuse Prevention training required within 30 days of hire.
- At least one year of experience teaching group exercise classes preferred.
- Ability to develop positive, authentic relationships with people from different backgrounds.
- Commitment to inclusion and compliance with the Americans with Disabilities Act (ADA).

WORK ENVIRONMENT & PHYSICAL DEMANDS:

- The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- Ability to plan, lead, and participate in classes and activities.
- Ability to perform all physical aspects of the position, including leading class, walking, standing, bending, reaching, and lifting.